

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Pg. 2 EXCITEMENT!!! A travel show, a fashion show and an antique appraisal! It is all happening here at Grinnell. See page 2 for all the details and don't miss out on all the fun.

Pg. 5 Improv Show
Entertainment at it's best! Don't miss this FREE show featuring members of the Grinnell Theatre Group. See page 5!

Pg. 10 Members Art Show
Members display their art work at this interesting show. Will your work be there? All the details on page 10 of this issue.



November is National Hospice Month

During the month of November, Grinnell Hall is proud to be able to display a Beloit Hospice memorial quilt.

Each year, every family member who has been served by hospice is invited to create a memory of their loved one in a quilt square. These squares are sewn together into a memorial quilt. Community organizations are asked to participate in displaying these quilts for others to enjoy.

Stop into Grinnell anytime during the month of November to view the quilt we will have on display.



Veterans Day Ceremony

Join us on **Wednesday, November 11 at 10:00 a.m.** for our annual Veterans Day Ceremony. The program begins at 10:00 a.m. and our speaker this year will be **Linn Krafjack, founder of "Operation Ooh Rah"**. Enjoy music by our very own Golden-aires. All veterans are invited and the program will be followed by lunch at 11:45. The Grinnell Hall Advisory board provides lunch free of charge for each veteran and a spouse. Registration for lunch is required by Monday, November 9 at 12 noon. To register for lunch, call Grinnell Hall at 608-364-2875.



November / December Membership Drive Kick Off

We still have a couple of months left in 2015 and it has been a wonderful year here at Grinnell Hall. However, 2016 is just around the corner and our plans are underway to kick off our membership drive in a big way! We were only short of our membership goal in 2015 by just 11 members!

During the week of **Monday, November 30 - Friday December 4** we are holding our first 2016 membership drive and there will be something special happening each day of that week. This week is the time to renew your membership for 2016 and tell your friends and neighbors to come and join us! There is fun for everyone all week long, including free tours, coffee and cookies as well as a fashion show, antique appraisal, travel show and holiday extravaganza! For a complete listing of events and times, see Page 2 and 3 of this issue and find out all the details!!



Volume 3, Issue 5

**November
2015**


Grinnell Hall
Senior Center
631 Bluff Street,
Beloit, WI 53511

Website
www.beloitwi.gov

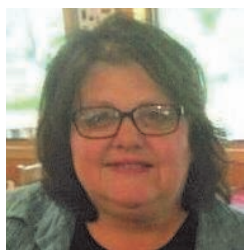
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Fax
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Hours
Monday – Friday
7:30 a.m. - 4:00 p.m.

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Grinnell Hall Senior Center



A Word From The Coordinator

It has been a wonderful fall season here at Grinnell and now we are quickly moving on to the holidays. I do believe there is some truth to the statement that time seems to speed up as we get older.

Our much anticipated annual holiday show will be here in no time. If you have a talent you would like to share, singing, telling jokes, or maybe a skit, sign up at the front desk.

New this year to the holiday show is what I like to call "a bit of the taste of home" We are asking all of our wonderful cooks to whip up a batch or two of their home baked goodies and we will be able to offer a table full of delicious home goodness during intermission at our show on Friday December 4th. If you can donate some cookies, sign up at the front desk.

I am very much looking forward to our fun filled Membership Drive week at the end of the month. Actually, most of it falls in December, but there is so much going on, everyone should be able to find something to entertain them.

We are coming to the last of our trips for this year, but there are still a couple of exciting events to participate in. Our trip advisor / volunteer Bobbie Pann is busy putting together a wonderful list of destinations for 2016 and soon we will be able to present a 2016 Travel Guide.

Don't forget to join us on Veterans Day and honor all of our area men and women who have fought to keep our freedoms. Our speaker that day will be a delightful lady who has the true "heart of a mom". Operation Ooh-Rah was founded 8 years ago. Linn Krafjack's oldest son was in the Marine's, and she received a letter from him that said it took 3 months to get a Government issued replacement toothbrush, Lynn said "Unacceptable," and started to work to get Care Boxes to those who were Deployed. The group has sent over 72,000 pounds so far, and with their Christmas shipping they will go well over 75,000 pounds shipped. Hear her story on November 7. Have a wonderful month and enjoy the beginnings of the winter holidays!

Happy Thanksgiving everyone!!

Paula

Advisory Board of Grinnell Senior Center

Linda Smith, Roselyne Ackley, Wally Mattelig
Gloria Meyer, Jean Warn

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Dave Zimdars - Vice Chair

Carol Fryar - Secretary
Art Graham - Treasurer

Membership Drive Week

The week of **Monday, November 30 through Friday, December 4** is a fun filled week, packed with activities and your chance to win some great prizes!!



This is the time to renew your membership and get your friends to sign up! There are several ways to get tickets that will qualify you to win a variety

of prizes which will be given away the first week in March. Renew your membership during the week of the drive or anytime in **December** and **receive 3 tickets**. If you renew or join for the first time in **January** you will receive **2 tickets**. If you renew or join in **February** you will **get one ticket**. Current members can earn 10 tickets by bringing in a NEW member who has never been a member before!

December renewal = 3 Tickets

January renewal = 2 tickets

February renewal = 1 ticket

Bring in a new member = 10 tickets

Tickets can be used to win prizes that will be given away the first week in March. A complete list of prizes will be in our December newsletter! Start making a list of friends and neighbors you can introduce to Grinnell! **Illinois residents are encouraged to join!**

On **Monday, November 30**, join us at **1:00 p.m.** for a



2016 Tour and Travel Show sponsored by Van Galder Tour and Travel! Get a pre-view of all the wonderful trips Van Galder has planned for next year and find out how you can take advantage of

them. Light snacks will be served and space is limited so sign up soon for this interesting presentation. Call Grinnell at 608-364-2875 to register.

On **Tuesday, December 1 at 1:00 p.m.** enjoy our



Fashion Show Fund Raiser featuring items from Mary's Unique Boutique in Monroe. The show will feature the latest fashions and tons of accessories, all available for purchase. Grinnell will receive 10% of all purchases that day. All money earned will help us to purchase a new sound system for the auditorium. Please note: **WE ARE LOOKING FOR MODELS!!** This event is always popular so mark your calendars and join us!

Wednesday, December 2, from 10:00 a.m. through



Antique Appraisals

1:00 p.m. you can get your antiques appraised. Rich Ranft, from Beloit Auction is donating his time to do appraisals **BY APPOINTMENT** here at Grinnell.

(please turn to page 3 for rest of article)

Membership Drive Week Events

(continued from page 2)

The cost of each appraisal is \$5.00 and all funds go to help Grinnell purchase their new sound system for the auditorium. You must call by 3:00 p.m. the day before the event to make your appointment and space for each appraisal is limited so call soon! To make your appointment, call Grinnell at 608-364-2875.

Thursday, December 3 at 11:00 a.m. an informational program will be presented by the Wisconsin Health Literacy Organization. **"Let's Talk About Medicines"** helps people understand prescription medicine labels, strategies to remember to take your medicine, information on how over the counter medicines may interact with other medicines and much more! **The program is followed by a free luncheon for all those attending.** Each participant is provided with a **FREE** pill box and workbook to take home, plus the chance to enter a cash prize drawing at the end of the program. Space is limited, so sign up soon by calling Grinnell at 608-364-2875.

Friday, December 4 at 1:00 p.m. features our annual **Holiday Show** to round out our event packed week! If you have a talent you would like to share make sure you sign up at the front desk to save your spot for our show. Music, comedy and more are in store as we gather up the best of our members and friends talents to help kick off the holiday season. The show is free and open to the public, so invite your family and friends. **New to the show this year is a special "home baked touch."** We would like to offer some delicious homemade Christmas cookies and treats at our intermission, but we need your help to do this. If you can donate several dozen homemade cookies or holiday treats for our show on Friday, December 4, please sign up at the front desk. We will have the names listed of everyone who donates. This is your chance to show off your baking skills!

It will be a fun filled week with something for everyone! For more information on any of our events during our Membership Drive, please call Grinnell or inquire at the front desk.



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Trips

Wednesday, November 18, *Dueling Pianos*

This is a must on your schedule. It's an experience unlike any other- amazing & wildly entertaining. The witty, very talented musicians will play your requests without ever looking at a sheet of music. They're so hilarious you'll be singing, cheering, and laughing so hard your cheeks will hurt, guaranteed.

Grinnell Members \$54.00 Non-Members \$59.00

**White Pines Theatre
Mt. Morris, IL**

Thursday, December 3 *Scrooge, The Comedy*

This wacky, zany, audience participation comedy is a must see for your holiday entertainment plans. Many families consider it a Christmas tradition and return year after year. The story line is based on a loosely adapted version of Charles Dickens' timeless classic "A Christmas Carole".

\$49.00 Grinnell Members \$57.00 Non-Members

**White Pine's Theatre
Mt. Morris, IL**



Mary Poppins

Hononegah Performing Arts,
307 Salem Street, Rockton IL

**Sat., November 14
2:00 p.m.**

Come and carpool with Bobbie Pann and the gang on **Saturday,**

November 14 for a short, but delightful trip south to Rockton, IL.

The group will meet at Rotary River Center on Riverside drive at 11:30. We will be carpooling, so some of the group will be leaving their cars at Rotary. First stop is **Domenico's in Beloit** for a delightful lunch. Each person is responsible for the cost of their own lunch. After lunch we will travel to the Hononegah Performing Arts Center for the delightful **2:00 p.m.** performance of Mary Poppins.

The cost of the tickets is just \$9.00 plus a \$3.00 donation for gas if you are not driving. Please call and make your reservation soon as the trip is limited to just 25 people. To make your reservation call Grinnell at 608-364-2875. Payment is due at time of reservation.

Quarterly Cribbage Scores

Cribbage Scores for the Third Quarter

Cribbage is played each **Tuesday** at Grinnell at **12:30 p.m.** Everyone is welcome to play and there is no cost and sign up is not required. Following are the scores from the third quarter of 2015.

Perfect Score..... 8 Games968
Perfect Score..... 1 Game..... 121
Perfect ScoreSingle Hand.....129

July

Week 1.....Ron Patten.....948
 Week 2.....Ron Patten.....952
 Week 3.....Ron Patten.....961
 Week 4.....Lois Engen.....942

August

Week 1.....Greg Weldon.....954
 Week 2.....Madelyn Amrine.....953
 Week 3.....Sue Teed.....954
 Week 4.....Sue Teed.....936

September

Week 1.....Sue Teed.....952
 Week 2.....Marti Kjornes.....954
 Week 3.....Lois Engen.....961
 Week 4.....Ginger Ritschel.....952
 Week 5.....Ron Patten.....941.

Games below 800 or less

August 25.....Don Sandell.....797
 September 15.....Jim Teed.....787

Double Skunk

July 14.....Marty Kjornes.....56
 Roger Burrow.....56
 August 4.....Carol Oswald.....53
 Claire Fredricks.....53

It is impossible to make a hand count of 19, 25, 26 or 27 in cribbage

Can You Help? Items Needed

When you are downsizing or fall / winter cleaning, consider donating some items to **Nellie's Nook**, Grinnell Hall's gift shop. All proceeds go to help fund the programming here at Grinnell and your items will always bring a smile to someone's face. Following is a list of items we are always looking for:



Housewares, toasters, coffee makers, irons, pots, pans, dish towels, bath towels, casserole dishes, Red hat items, purses, gloves, fashion & winter scarves and jewelry.

Due to space issues, we do not accept clothes or shoes. Items can be delivered anytime during our open hours.

This and That

Sewing Lab Open on Mondays

Working on a sewing project or would like to try a new one? Join in the fun each and every **Monday from 9 a.m. - 3:00 p.m.** as our talented group of women get together for a day of sewing and socializing. You can bring your own project, learn how to make a purse, or work on items the group makes to give to nursing homes.



Watch Battery Replacement

Judy S. will be at Grinnell on **Tuesday, November 10, from 8:00 a.m. - 9:00 a.m.** This is a walk in service and no appointment is necessary. This service is offered to both members and non-members of Grinnell. Get the batteries on your watch replaced for the cost of the battery. For more information, call Grinnell at 608-364-2875.



Improv at Grinnell

Grinnell Hall Theatre Group is proud to announce an exciting entertainment experience. "Improv" by artistic director Dr. Joan Kohl. Yes!! You become a part of the performance in the Grinnell Hall auditorium on **Friday, November 20th at 1:00 p.m.**



Grinnell actors will be challenged by your spontaneous ideas and utilize your input to bring to life characterizations of the Thanksgiving Holiday. Bring a friend and enjoy the fun! The show is free!

Chicks With Sticks

Love to knit and/or crochet? Join our newest group : Chicks with Sticks! These friendly, talented ladies meet every **Wednesday** from 10:00 a.m. through 1:00 p.m. Come and go as your schedule allows or stay the whole time! The group works on their own projects, chatting and having a great time. No sign up is necessary. Questions? Call Grinnell Center at (608) 364-2875



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Dementia Care Specialist Service Offered



Cori Marsh, Dementia Care Specialist from the ADRC of Rock County will be available at Grinnell Hall on a monthly basis to meet with families and answers questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. Cori is available from **12:30-2:00 PM** on the **second Monday of each month**. She will be here on **November 9, 2015**. The Dementia Care Specialist program is provided by the Aging and Disability Resource Center of Rock County and is funded by the State of Wisconsin to provide information and outreach to individuals with memory loss and their families/care partners. She will answer questions, provide information on the disease process, local resources, educational and support programs. No appointment is necessary.



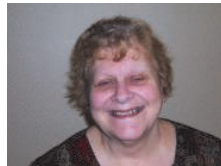
Benefit Specialist Services

Lachel Fowler is at Grinnell on **Thursday, November 5, 12, and 19 from 8 a.m. until noon**. The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained

in the areas of benefit & entitlement programs as well as other issues. Lachel works with county residents 60 and older, regardless of financial status.

Beloit Chore Service

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November Calendar of Activities

2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 9:30 Golden-aires 11:30 Jewelry Repair 12:30 Bridge Lessons	3 7:30 Billiards 9:00 Beg Line Dancing 9:30 Bridge 10:00 Reg. Line Dancing 12:30 Cribbage 1:00 Strong Women	4 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Knitting / Crochet 11:00 Vet's Coffee 1:00 Mahjong 1:30 Theatre Group	5 7:30 Billiards 8:15 Walking w/ Yoshi 9:00 Board Meeting 9:30 Memory Café *** 12:30 Euchre 1:00 Theatre Group 1:00 Strong Women	6 7:30 Billiards 8:30 Tai Chi 9:30 Fishing Club 9:30 Raisin-ettes 1:00 Dominos 1:00 Craft Class
9 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 9:30 Golden-aires 12:30 Bridge Lessons 12:30 Dementia Care Specialist	10 7:30 Billiards 8:00 Watch Repair 9:00 Ladies Must Sew 9:00 Beg Line Dancing 9:30 Bridge 10:00 Phone Demo 10:00 Reg. Line Dancing 12:30 Cribbage 1:00 Strong Women	11 Veterans Day 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Knitting / Crochet 10:00 Vet's Day Program 11:30 Chair Massage 1:00 Mahjong 1:00 Booked 4 Dessert 1:30 Theatre Group	12 7:30 Billiards 8:00 Benefit Spec. 8:15 Walking w/ Yoshi 10:00 Blood Sugar 12:00 Reflexology 12:30 Euchre 1:00 Strong Women	13 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Bridge (closed) 1:00 Dominos 1:00 Craft Class <hr/> Sat. Nov 14 Mary Poppins Trip
16 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 9:30 Golden-aires 10:00 Members Art Show 11:30 Jewelry Repair 12:30 Bridge Lessons	17 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 1:00 Strong Women 1:00 Movie	18 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Knitting / Crochet 1:00 Foot Clinic 1:00 Mahjong 1:30 Theatre Group Dueling Pianos Trip	19 7:30 Billiards 8:00 Benefit Spec. 8:15 Walking w/ Yoshi 12:30 Euchre 1:00 Strong Women 1:00 Foot Clinic 1:00 Bingo	20 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 1:00 Dominos 1:00 IMPROV An exciting entertainment experience
23 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 9:30 Golden-aires 11:30 Jewelry Repair 12:30 Bridge Lessons	24 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 St. Jude's Bridge 1:00 Strong Women	25 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Knitting / Crochet 1:00 Mahjong 1:30 Theatre Group	26 Happy Thanksgiving Grinnell Closed 	27 Grinnell Closed For Thanksgiving Holiday
30 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 9:30 Golden-aires 12:30 Bridge Lessons 1:00 Van Galder Travel Show	December 1	December 2	December 3	December 4
Membership Drive Week Monday, November 30th through Friday, December 4th See page two and three for all the details!				

Rock County Nutrition Grinnell Hall Senior News and Chews

November 2015

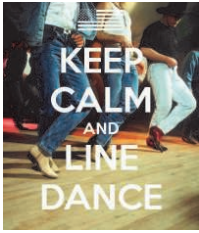
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Herb Stuffed Chix Breast Egg Noodles Squash Mixed Veg. Wheat Bread Chocolate Mousse	3 Pepper Steak Brown Rice California Mix Veg Wheat Bread Carrot Bar	4 Sloppy Joes on Bun Green Bean Casserole WI Blend Vegetables Pineapple Tidbits	5 Baked Mac & Cheese San Francisco Veg Tossed Salad Dinner Roll Pears	6 Roast Beef Mashed Potatoes w/Gravy Garden Blend Veg Wheat Roll Peaches & Granola
9 Baked Chicken Drumsticks Mashed Potatoes w/Gravy Broccoli Salad Hawaiian Pineapple Cake Wheat Bread	10 Lasagne Casserole Squash Green Beans Mandarin Oranges Bread Stick	11 Salisbury Steak Mashed Potatoes Mixed Vegetables Dinner Roll Cake Veteran's Day Lunch	12 Quiche w/Spinach Cheese & Bacon California Mix Veg. Peaches w/Granola Tossed Salad Dinner Roll	13 Hot Sliced Pork Sandwich on Bun Baked Beans Cauliflower Snickerdoodle Cookie
16 Cheesy Potato Bacon Soup San Francisco Blend Pea Salad Pumpkin Bar Dinner Roll	17 Broccoli Chicken & Rice Casserole Stewed Tomatoes Cauliflower Diced Pears Wheat Bread	18 Pork Pot Roast Brussels Sprouts Red Potatoes Pineapple Tidbits Baking Powder Biscuit	19 Chopped Steak Twice Baked Potato Casserole Red Cabbage Apple Crisp Wheat Bread	20 Swedish Meatballs Egg Noodles San Francisco Blend Veg Tossed Salad Sugar Cookie Wheat Bread
23 Spaghetti & Meatballs California Mix Veg Tossed Salad Pineapple/Orange CupGarlic Bread	24 Thanksgiving Menu Roast Turkey Mashed Potatoes w/Gravy Cornbread Stuffing California Mix Veg Wheat Roll Pumpkin Pie	25 Tuscan Chicken Vegetable Soup Hot Spiced Apples Carrot Raisin Salad M&M Cookie Wheat Roll	26 Closed Happy Thanksgiving	27 Closed Happy Thanksgiving
30 Baked Chicken Thigh & Leg Red Potatoes Garden Blend Veg Brownie Dinner Roll				

Meals served Monday through Friday. Milk served with all meals. Coffee & tea served with dining center meals. Suggested donation for each meal is \$3.25. **Meals require reservations which must be made by noon of the prior business day.** For reservations or additional information, please call the Rock County Nutrition Program at 757-5474. Meals available to anyone 60 years of age or older. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

Health and Wellness

Line Dancing at Grinnell

Kick up your heels and have a great time with friends and stay healthy at the same time. Line Dancing is every Tuesday for beginners at 9:00 a.m. and Regular Line Dancing at 10:00 a.m.



The class is led by instructor Peggy Wellnitz. There is no charge for this class and no need to sign up. For more information, call Grinnell at 608-364-2875.

Second Session of Strong Women Begins

The last Strong Women session of the year will begin on **Tuesday, November 3 at 1:00 p.m.** The class is held each Tuesday and Thursday through December 10. There is still time to sign up! The class, led by Beth Bausman costs just \$25.00 for Grinnell Members and \$30.00 for non-members. To sign up, or for more information, call Grinnell Hall at 608-364-2875 or stop in at the front desk.



National Memory Screening Week

National Memory Screening week is November 2 through November 6. The Beloit Public Library will hold a memory screening on **Wednesday, November 4th from 1 p.m. - 3 p.m.** For more information, call Cori Marsh, Dementia Care Specialists at 608-741-3600.

Tai Chi and Brain Health

Did you know that exercise can help boost your thinking skills? According to the Harvard Medical School, a recent study has found that Tai Chi has the potential to improve brain function in older adults, especially in areas of planning, working memory attention, problem solving and verbal reasoning. Possibly because it involves slow, focused movements and it requires learning and memorizing new skills and new movement patterns. Instructor **Yoshi Glos** teaches **Tai Chi each Friday at 8:30 a.m.** It is open to both members and non-members. There is no cost for the class.



Weekly Exercises Offered at Grinnell Free for Members / Non-Members \$1 per class

Chair Exercises.....	Mon. 8:30 a.m.
Beginning Line Dancing.....	Tues. 9 a.m.
Line Dancing.....	Tues. 10 a.m.
Morning Stretch.....	Wed. 8:30 a.m.
Easy Stretch Yoga.....	Wed. 9:45 a.m.
Walking with Yoshi.....	Thurs. 8:15 a.m.
Tai Chi.....	Fri. 8:30 a.m.

Pampering Your Outer You

Services offered Monthly at Grinnell

Massage Therapy **Wednesday, November 11.** Fifteen minute appointments just **\$12.00 for members & \$15.00 for non-members** beginning at 11:30.

Reflexology - Thurs. November 12. Members pay \$18.00, Non-Members \$20 for a 30 minute session.

Foot Clinic...Wed Nov. 18 and Thurs. Nov 19 at 1:00 p.m. offered by At Home Health Care. The cost is just \$15.00 and includes a dry clip.

Blood Sugar Screening.....Thurs. November 12 This is a free walk in service offered from 10:00 a.m. until 11:00 a.m.

Call Grinnell Hall at 608-364-2875.

Free Blood Sugar & Pressure Screening

Mary H. and Lynn M., retired nurses, take turns at Grinnell offering free blood pressure and blood sugar screenings each month. They will be here on **Thursday, November 12, at 10:00 a.m.** The service is free.

Chair Massage Relieves Stress

Our Certified Massage Therapist Kathy Pann is at Grinnell on **Wednesday, November 11.** A 15 minute appointment costs just \$12.00 for members and \$15.00 for non-members. Call 608-364-2875 for your appointment today! Treat yourself soon and schedule an appointment this month.

Discover Reflexology

Your Maureen Birchfield, TDC, Certified Reflexologist is at Grinnell on **Thursday, November 12.** The cost is just \$18.00 for 30 minutes for Grinnell members and \$20.00 for non-members.

Any appointment that is cancelled the day of will be charged. Call Grinnell at 608-364-2875 to reserve your spot as they fill up quickly.

Have you tried Jazzercise Beloit yet?

Classes meet at Grinnell at the following times:

Monday and Wednesday at 4:30 p.m.

Monday through Thursday at 5:45 p.m.

Saturday at 8:30 a.m.

Walk-in Class \$10 New Student Special--\$99 for the rest of 2015! Monthly rates as low as \$35/month!

For more information call 608-436-2767 or email jazzwithbeth@outlook.com

This and That

Memory Café Offered in Beloit

A Memory Café is a social gathering where those with memory loss, mild cognitive impairment, Alzheimer's or other dementia are able to gather together to socialize, learn more about themselves and the world around them in a safe, relaxed atmosphere. There is no charge for the program and donations will be accepted to cover the cost of snacks at each meeting.

Dementia Care Specialist Cori Marsh will be offering an ongoing, monthly **Memory Café**. Pre-registration is not required for this event, but an RSVP would be appreciated.

The class will be held at **Rotary River Center, 1160 Riverside Drive in Beloit on Thursday, November 5 at 9:30 a.m.** To pre-register, Call Cori Marsh at 608-741-3600.



Members Art Show

Attention artists and crafters! Do you have something you have created you would like to feature at our **"Members Art Show"**? On **Monday, November 16th**

from **10:00 a.m. until 1:00 p.m.** we will have on display pieces of artwork and / or crafts made by our members.

Paintings, wood carvings, craft items—if you create and would like to show others what you do, sign up for your space. By signing up for a spot, you agree to bring several items to display and be available

from 10:00 a.m. until 1:00 p.m. to talk about your item and answer questions.

It is the perfect opportunity to showcase your hobby and share your talent!

Space to display is limited, so call soon to reserve your spot and let us know what you have to show.

Call Grinnell Hall at 608-364-2875 to reserve your spot. There is no charge for this event.



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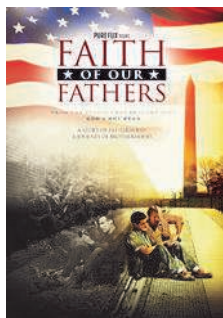
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Movies and Books

Faith of Our Father's

Join us on **Tuesday, November 17**, for a show about the Vietnam war. Viewed during the month of Veterans Day, the movie is the story about a young man's search. Spurred by curiosity about his father's death in the Vietnam War, John Paul George begins searching for his dad's army buddy Eddie Adams. When John's quest leads him to Eddie's son Wayne, the two embark on a road trip that will change them.



The movie will be shown at 1:00 p.m. on Tuesday, November 17 in our movie room. Popcorn and a beverage will be served. There is no charge, but donations are accepted.

Grinnell Bookies

The Grinnell Bookies are joining forces with the Beloit Public Library and will be bigger and better than ever!



For a complete listing of books to be read and discussed this fall and winter, stop by either the Beloit Public Library OR Grinnell Hall and pick up a flier! There will be no meeting in November, but the club will meet on **Tuesday, December 8 at 1:00 p.m.** They will be discussing **"Discovering Beloit, Stories Too Good to Be True"** by Tom Warren.

Booked For Dessert

This monthly event is becoming more popular each and every month! If you are having trouble deciding what to read next, or you simply love books, think of this event as a delicious commercial for books!



Join Tina Kakuske, for **"Booked for Dessert,"** a fun event featuring great new books from the library, and wonderful dessert on **Wednesday, November 11, at 1:00 p.m.**

Please pre-register for this event so that we can have adequate refreshments. Attendees will enjoy a dessert and beverage while listening to Tina pre-view a wide variety of books. You can check it out that day, as long as you bring your library card!

For the love of Books

Fun & Games

Two Craft Classes For November

Join our craft instructor, Theresa Niles on **Friday, November 6th at 1:00 p.m.** and learn how to create a beautiful burlap poinsettia. On **Friday, November 13 at 1:00 p.m.** make sure you attend the Christmas card class. You will find how simple it is to make this beautiful origami card your friends and family would love to receive. Each class is just \$2.00 per person and sign up is required. All supplies are provided, but please pre-register by calling Grinnell Hall at 608-364-2875.



Vet's Coffee

Our monthly Vet's Coffee will be held this month on **Wednesday, November 4, at 11:00 a.m.** It is open to all vets and no sign up is necessary. This is a free service.

Cards and More.....Dates and Times

Euchre.....Each Thurs. at 12:30 p.m.
Bridge Lessons..... Each Monday at 12:30 p.m.
Mahjong.....Each Wed. at 1:00 p.m.
Cribbage.....Each Tuesday at 12:30 p.m.
Bingo.....Thurs. November 19, 1:00
Dominos.....Fridays at 1:00 p.m.

Jewelry Repair Returns

Linda Keenan will be at Grinnell on two Mondays each month. In November she will be here **Monday, November 2** and **Monday, November 16** from **11:30 a.m.—3:00 p.m.** No sign up is necessary.



FREE Jazzercise Class! Friday, Nov. 27th 8:30am



608-436-2767

Email: jazzwithbeth@outlook.com

jazzercise.com

The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

City of Beloit Grinnell Hall Senior Center

631 Bluff St.

Beloit, WI 53511

Phone: 608-364-2875

Fax: 608-364-2876

Email: schuttp@beloitwi.gov

Website: www.beloitwi.gov



WASC

Wisconsin Association of Senior Centers



A Few Things To Take Note Of

Don't miss our Member's Art Show

Participate or just come and browse.....

Monday, November 16th 10:00 a.m. - 1:00 p.m.

Ladies!!! Fashion Show Fund Raiser

Tuesday, December 1 at 1:00 p.m.

For a good time with lots of laughs

Attend Grinnell Theatre's

IMPROV SHOW

Friday, November 20th

1:00 p.m.

Our Annual Holiday Show

Friday, December 4

1:00 p.m.

**We need home baked cookies for
our intermission
sign up at the front desk**



Free Phones for the Hearing Impaired

Local ADA educator Kyle Klett will at Grinnell on **Tuesday, November 10th at 10:00 a.m.** with a demo phone that is **FREE** and part of a Federal program that works specifically with those that have any

kind of hearing loss.

This is a captioned phone that displays text of conversations in near real time on a large touchscreen so you can see and hear what callers are saying.

Klett is a Beloit native and is also the

phone installer so he will set the volume and adjust the tone to your personal liking during the installment.

Stop by on November 10th and check out this FREE phone. Kyle will also have a raffle after the presentation for one lucky participant to take home a \$10 Walgreens gift card (no purchase required). Please pre-register for this presentation so that we can get an accurate count for seating purposes. Call Grinnell Hall at 608-364-2875 to register. Space is limited so call soon to register.

